

50+ Recreation

April 2016

Our mission is to enrich the lives of our citizens.

ISSUE 4

www.ColumbusRecParks.com

Walk with a Doc



Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and all can enjoy coffee, water, a healthy snack and walking incentives at each walk.

Walks are held inside during bad weather.

2016 Walking Dates 8:30 - 9:30 am

Indian Mound & Woodward Park

April 2, 16
 May 7, 21
 June 4, 18
 July 2, 16
 Aug 6, 20
 Sept 3, 17
 Oct 1, 15
 Nov 5

Far East & Dodge

April 9, 23
 May 14, 28
 June 11, 25
 July 9, 23
 Aug 13, 27
 Sept 10, 24
 Oct 8, 22
 Nov 12

Golden Hobby Shop

630 S. Third St. in German Village
 Columbus, Ohio 43206
 Phone 614-645-8329

**Shop Hours of Operation: Tuesday- Saturday
10 am – 5 pm**

Spring has arrived with door wreaths, floral arrangements, garden ornaments, fairy gardens and lighted fairy houses, bird feeders and bird baths, leaded glass sun catchers and so many other things to brighten your house, porch and garden and all at such reasonable prices. Free parking.



April 2016

Issue 4

COAAA	Page 8
Creative Arts Event	Page 4, 5
Dance Information	Page 2
Dodge Intergenerational	Page 6
Gillie 50+ Center	Page 7
Golden Hobby Shop	Page 1
Lazelle Woods Multigenerational	Page 8
Marion Franklin Multigenerational	Page 9
Martin Janis 50+ Center	Page 10
Red Hat Activities	Page 2
Trip Information	Page 2, 3, 4
Water Exercise	Page 8
Whetstone Multigenerational	Page 11

Newsletter Editor: Wendy Frantz

645-7427

Dance

Gillie Dance

Line Dance *Beginners* **Tuesdays** *1 pm*
Advanced **Tuesdays** *2 pm*
Intermediates **Fridays** *10:30 am*

Move & Groove **Monday** *7:30 pm*

Tap Dance:

Advanced **Wednesdays** *10 am*

Beginning **Wednesdays** *10:50 am*

Ballet Class **Wednesdays** *5 pm*

Gillie Wednesday Evening Dance Information

6:30 – 9 pm **Admission: \$5**

Come early for line a line dance session: 6-6:30 pm.

The DJ begins spinning a variety of dance music at

6:30. Refreshments will be served, dancing until 9 pm.

Weekly Themes:

April 6 Birthdays/ Anniversaries

April 13 Poor Man's Shuffle

April 20 Earth Day

April 27 Hop into Spring

Marion Franklin

Line Dance

Mondays, Wednesdays and Fridays *10-11 am*

Beginners **Wednesdays** *11:15 am*

Men's **Tuesdays and Thursdays** *1 pm*

Line Dance Workout *Tuesday and Thursday 10 am*

Evening Line Dancing

Beginning *Tuesdays and Thursdays* *5:30-6:30 pm*

\$20 per person, per session

Urban Ballroom Dancing

Tuesdays *7-8:30 pm* *\$25 per person, per session*

Red Hat Activities

Gillie's Fillies *Mark your Calendars!*

Red Hat Birthday Bash

Saturday, April 23

11:30 am (doors open at 10:30 am)

Berwick Manor, 3250 Refugee Rd.

April 10 is the last day to submit your \$35.

Send to: Sherry Thompson

300 Midland, Columbus OH 43223

Nonrefundable, but transferable.

Lunch at The Crest

Thursday, April 14 *meet there at 11:30 am*

2855 Indianola Clintonville 43202

Trips

Dodge

645-3176

The Tale of "Sweeney Todd"

Friday, April 8 *8:30 am* *Cost \$20*

See SRO's production of the Sondheim Musical masterpiece, directed by Patrick McGregor. **We will be leaving Dodge around 8:30 am to get breakfast at Scramblers before the show, which starts at 10:30 am**, because trust me, you aren't going to want to eat any of Mrs. Lovett's meat pies! Don't miss this haunting; yet, comedic musical which offers us a portrait of a man driven to madness by injustice after being falsely accused and imprisoned years before.

Otterbein University's Production of "Fiddler on the Roof"

Wednesday April 13 *9 am* *Cost \$15*

Match maker, match maker make me a match, find me a find, catch me a catch! Join Teyve, his Wife Golde and their five daughters as they have to rely on the village Matchmaker to find husbands for their daughters. We will be leaving Dodge around **9 am** to see this beloved musical production at Otterbein. The show will begin at **10 am**, and **we will have lunch after the show.**

Please register by April 1. Payment is due at registration.

Thurber House Trip from February rescheduled

Friday April 22 *Cost \$7.50*

We will be leaving Dodge around 8:30 and our Tour will be at 11 am. We still have a few spaces left, if you haven't signed up already!

Thrifting for the Runway

Wednesday April 27 *10 am* *Cost \$5*

Come join us while we go to Ohio Thrift for the last Wednesday of the month to pick out an outfit for our fashion show on May 6th. Shop with a team of fashion experts (us of course) while you find that perfect Spring Runway look, on a budget of course!

50+ Metro Camp Blacklick Woods

Friday April 29 *Cost \$5*

Pack a lunch; come join us for a day at camp. Take a hike, ride a tram, go fishing, see some forest creatures, play nature Bingo, and even make a craft or two. Have fun enjoying nature and the Spring weather. We had so much fun at this camp last year. Let's do it again!

Trips

Gillie **645-3106**

Trip Policy:

Persons registering for **van/mini bus trips** need to be **current** members of The Columbus Recreation & Parks Department 50+ Programs. **Charter bus trips are open to adult non-members. All refund questions will be handled by the staff person in charge of the trip. LaComedia and Gillie Senior Recreation Present "Fiddler on the Roof"**
Thursday, April 14 8:30 am-5 pm Cost \$50
Cost includes: transportation, ticket & lunch buffet
 Considered to be one of the greatest stage productions ever conceived in the world of theater. You don't want to miss this show. Seating is limited.
Registration begins March 31.

Graveyard Tours 2016

Greenlawn and Franklinton Cemeteries

Wednesday, April 20 Cost \$10
 Travel around our great state to examine the big, little, less known and downright forgotten cemeteries in an attempt to understand the markers, stones, odd epitaphs, haunted sites and unusual places people spend in eternity. We will start the season with a look at Greenlawn and Franklinton Cemetery. Lunch will be on our own at Tommy's Diner. **Registration begins April 6.**

Ghosts, Glass Shows and Trains in West Virginia

Wednesday-Thursday, June 1-2

\$398 per person (double occupancy)

Register now. The deadline is Friday, April 8.

Tour the **Trans Alleghany Lunatic Asylum**, formerly the Weston State Hospital of West Virginia which served as a sanctuary for the mentally ill in the mid-1800's. The history of the building holds fascinating stories of Civil War raids, a gold robbery, the "curative" effects of its beautiful architecture. Take a ride aboard the **Cheat Mountain Salamander**; pulled by two diesel locomotives you will enjoy lunch and a 45 mile trip through unspoiled mountain scenery and a stop at the inspirational High Falls of the Cheat. Enjoy a premier evening show at the **American Mountain Theater** where a cast of seasoned entertainers will keep your toes tapping and hands clapping through this show which features country, southern gospel, bluegrass, pop and patriotic music. And finally there will be an **Appalachian Glass Tour**, where you will meet owner Chip Turner and learn how glass blowing has been a large part of life in West Virginia. Each passenger receives a Glass Friendship Ball.

Marion Franklin **645-3612**

La Comedia - Fiddler on the Roof

Tuesday, April 12 9 am Cost \$50
 Cost covers transportation, buffet and show. Please register at the front desk.

Martin Janis **645-5954**

Athens International Street Fair

Thursday, April 14 10:30 am

Cost: \$10 for transport, lunch on your own

Athens International Street Fair in Athens, Ohio has evolved over time to become a local and regional favorite. The Street Fair is a collaboration of the university's international student groups and nonprofit community organizations. Typically, more than 30 organizations have booths at the International Street Fair to sell food, crafts etc. and there are stage performances throughout the day.

Coshocton Three Rivers Wine Trail

Thursday, April 26 9:30 am

Cost: \$10 for transport, lunch on your own

Ohio Wineries have become a popular destination for Midwest travelers and residents alike and in the rolling Appalachian foothills of Coshocton, Ohio, you'll find that wineries abound with great wine in unique settings. Coshocton's Three Rivers Wine Trail in East-Central Ohio offers five distinctive wineries all within a 15 minute drive of each other: Heritage Vineyard Winery, Shawnee Springs Winery, Raven's Glenn Winery, Rainbow Hills Winery, and Yellow Butterfly Winery.

Whetstone **645-3217**

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!

Wednesday, April 13 10:15 am

Join us in April for our annual trip to the Franklin Park Conservatory. Lunch will be decided by a democratic vote.

Please call Mike with any questions.

Mike's Taste of Italia

Wednesday, April 20 11:15 am

This month's lunch is TBA

Please call Mike with any questions.

Whetstone Trips continued on page 4.

Trips

Whetstone (continued)

645-3217

Café & Culture

Thursday, April 21 10:45 am

Cost: \$5 donation to the Jubilee Museum

We'll try this trip again since it was cancelled in February due to inclement weather. First we'll have lunch at the Old Mohawk in German Village. Then we'll tour the Jubilee museum of Catholic artifacts.

They have pieces even the Vatican would covet.

Please call Connie with any questions.

50+ Water Exercise

It may cold outside but the water is warm inside. Join us Mondays and Wednesdays for water aerobics.

Doors open at 9:30 am, get in the water at 9:45 am and exercise starts at 10 am.

Wondering if class is cancelled because of the weather? Call 645-6122 for up-to-date conditions. If there isn't a special recording, we are open for business.

Join instructor, Alice Irwin at:
The Columbus Aquatics Center
1160 Hunter Ave, 42301

64th Annual Creative Arts Event

May 11-21, 2016

***The Martin Janis Center 600 E. 11th Avenue
on the State Fairgrounds; Phone 614-645-5954***

Theme: Birds, Blooms & Beasts

Show your original art, craft work and writing!

If you are age 50 or over you are invited to enter 3 items!

Bring your items to: The Martin Janis Center

April 27: 10 am - 2 pm or April 28: 5 - 7 pm

Show Opens May 11: featuring special events through May 21

For event information: call Linda Jacobs at The Gillie Center: 614-645-3106 or
Phillips at The Martin Janis Center: 614-645-5954

Michael

Free Parking and Admission

Event is Open to the Public

Category List

Basketry
Calligraphy
Ceramics - Hand built
Ceramics - Poured
Ceramics - Wheel Thrown
China Painting
Collections
Copper Enameling
Crochet
Decorated Fabric
Dolls
Drawing
Embroidery
Glass

Jewelry
Knitting
Lapidary
Metal
Miscellaneous Crafts
Mixed Media
Needlepoint
Painting - Acrylic
Painting - Oil
Painting - Watercolor
Paper
Photography
Polymer Clay
Quilting

Recycled, Re-purposed
Rugs
Scrapbooking
Sculpture
Sewing
Weaving
Wood
Writing
Journaling

Please bring your completed entry form with your work on April 29 or 30.



64th Annual Creative Arts Event
The Martin Janis Center May 11 - 21, 2016
600 E. 11th Ave. Columbus OH 43211 phone 614-645-5954

- Fill out this entry form and bring it with you when you enter your work.
- **Intake of work: Wednesday, April 27, 10 am-2 pm or Thursday, April 28, 5-7 pm**
- Martin Janis Center, 11th Avenue at the Fairgrounds. Limit of **3 entries** per person, over age 50.
- **Pick up work after the show: Wednesday, May 25, 10 am-2 pm or Thursday, May 26, 5-7 pm**
- Call Linda Jacobs at 645-3106 or Mike Phillips at 645-5954 with questions.

Please bring this receipt with you when you pick up your work on May 25 or 26.

Name _____ Center _____

List and Describe Your Entries:

1. _____

2. _____

3. _____

The upper half of this page is your receipt - Thank you!



CREATIVE ARTS EVENT ENTRY FORM

Name _____ Phone _____

Address _____ City / Zip _____

Center you are representing _____ F___ M___ Age _____

Items you are entering: list category, size, colors, etc.

1. _____ Value _____ For Sale? _____

Description/ title: _____

2. _____ Value _____ **For Sale?** _____

Description/ title: _____

3. _____ Value _____ **For Sale?** _____

Description/ title: _____

Senior Council Meeting

Tuesday, April 12 1 pm

Senior Council will be taking nominations during April and May, so if you want to nominate someone for Senior Council offices please do.

Walk with the Doc Returns

Saturdays, April 9 and 23 8:30 am

Free Produce is back!

**1st and 3rd Thursdays of the month- April 7 & 21
3-6 pm or until produce runs out**

Mother's Day Fashion Show Tea

Friday, May 6 1-3 pm

Bring a favorite tea cup from home to use. *We are just asking for \$3 donation or pay what you can.* All are invited to be in it! If you have daughters or sons who would like to be in it, we would love that too. **Men are also invited to show off that suit or a favorite outfit!** You can wear clothing that you have made or a new Spring outfit that you have bought! **Please submit a description of your outfit, or accessory written on an index card and turn it in to Holly by May 2 and we will have a brief run through of the show on May 6 at 11 am.** If you have made your outfit, make a note of that in your description too!

The Creative Arts Event is coming soon!

We are looking for 50+ participants to submit their artworks/crafts. The event runs **May 11-21** at Martin Janis. We want to show off all of Dodge's talented participants. This year's theme is **Birds, Blooms and Beasts.** **Please drop off artwork, crafts or writing at Dodge by April 26 or Martin Janis by April 28 7 pm.**

AARP Tax Assistance

Thursdays and Fridays 9 am-4 pm

By appointment only; call 645-3176 to see what dates are still available.

We're back! Dodge Chorus

Tuesdays 1 pm

Would you like to sing? Do you enjoy performing at events? Join Dodge's Chorus as we are always looking for new members.

Beginning Computers Mon and Wed 10 am-Noon

Learn basic computer skills, email, Word and Excel.

Senior Fitness

Mondays 10-11 am & Tuesdays 11 am-Noon

Keep yourself moving!

Kinta's Boot Camp

Tuesdays & Thursdays 7-8:30 pm

Cardio

Mondays

11 am-Noon

Anyone interested in learning and practicing different forms of cardio are welcome to join us.

Tai Chi with Michael

Mondays

3-4:30 pm

Stay after chair volleyball and relax those muscles! A great way to build strength, flexibility, balance and helps relieve stress. Simple, low-impact fitness.

Bingo

Thursdays 11-11:55 am

Crochet

Wednesdays 1-3 pm

Quilting

Tuesdays 9 am

Pickle Ball

Tuesdays 10-11 am

Walking Group

Daily 8-9 am

Shuffleboard

Thursdays 10:15-10:55 am

Weight Loss Group Wednesdays 3 pm

Chair Volleyball Mondays & Thursdays 1-3 pm

Dodge Handymen and Woodshop Mondays 1 pm

Zendoodle Drawing Thursdays 11 am-Noon

In this class, you can have any drawing ability. We will be drawing on small illustration board tiles starting with just a line, then adding dots, dashes, circles and triangles to build a beautiful pattern, let your mind relax and focus while simply doodling.

Conversational Spanish Classes

Beginning

Tuesdays 11 am-Noon

Advanced

Tuesdays Noon-1 pm

Acting without Fear!

Wednesdays 1-2 pm

We will work on skits and perform at special events for Dodge; memorization of lines is not required. Act, socialize and have fun with some great people!

Join the Dodge Service Circle

Wednesdays 9 am-1 pm

We break for lunch in the canteen around 11:30. If you have any sewing experience or none at all, we can use your help in making ditty-bags for walkers and wheelchairs for local senior establishments and the Veteran's Hospital.

50+ Sewing

Tuesdays 1:30-4:30 pm

50+ Alterations

Thursdays 1-4 pm

Coloring Club for Grown Ups

Fridays 3:30-4:45 pm

Veteran's Group**Friday, April 1 1 pm**

Calling all American Veteran's from WWII, Korea, Vietnam, Iraq, and Afghanistan and beyond. We need your help to keep our ranks marching strong. Join us the first Friday of each month.

OSU Extension Service with Lisa Gibson**Friday, April 1 9:30 am****Scrapbooking & Craft Garage Sale****Saturday, April 2 10 am -2 pm**

Lunch will be available along with our Bake Sale.

BINGO**Mondays, April 4 and 18 1 pm****Eat Better, Feel Better****Tuesday, April 5 11 am**

Registered Dietitian Leonor Button from LifeCare Alliance presents: *Sitting is the New Smoking.*

Alzheimer's Association**Tuesday, April 12**

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm

For yourself or a caregiver; by appointment (457-6003).

History Roundtable**Wednesday, April 13 1 pm**

Topic- Historic Spring Traditions (*St. Patrick, April Fools etc.*)

Senior Recreation Council Meeting**Wednesday, April 13 1 pm****Birthday/Anniversary Party****Thursday, April 21 12:15 pm**

Everyone is invited to celebrate the months of November, December, January, February, March and April with our members. The G- Clef chorus will be our guest entertainment. Join us for some great fun, prizes and refreshments compliments of our sponsor MediGold.

Columbus Speech & Hearing**Thursday, April 21 10 am -3:30 pm**

To schedule an appointment, call 261-5452.

Personal Safety Program**Tuesday, April 26 11 am**

Join us for tips on how to stay safe in an increasingly challenging world. We will discuss things from the theft of your personal belongings to your personal ID.

Absentee Voting for Gillie Recreation Council**Monday, May 2- Friday, May 6**

Sign up and receive an absentee ballot at the front desk. You must have a Gillie Membership form on file to vote.

Derby Day at Gillie Downs with the "Gillie Fillies"**Red Hat Club****Thursday, May 5****12:15 pm**

Wear your best hat and bet on your favorite horse. Win prizes while enjoying delicious refreshments.

**Elections and General Meeting for Gillie Senior Recreation Council****Monday, May 9**

Voting for Council Officers will be 8 am-noon with the general meeting following at 12:30 pm. All members are welcomed to vote and to attend the meeting. You must have a Gillie Membership form on file to vote.

★ Creative Arts Event – May 11 – 20, 2016 ★

Get your paint brushes, potter's wheel, knitting needles and all other art supplies ready for a week of fun, dancing, art performances and workshops. The theme this year will be "**Birds, Blooms and Beasts.**" (Art work does not have to be theme related.) Artists can enter up to three (3) pieces of art work. Intake will be Wednesday and Thursday, April 27 & 28 at the Martin Janis Center.

Open Mic: "Heart of a Poet"**Saturday, May 21 2-5 pm**

Join us as we celebrate the creative mind with this "Open Mic" poetry program. Come share your original poetry and writings for us to enjoy. Light refreshment will follow. **Please call 645-3106 to register.**

GRAM AND GRAMP CAMP**Monday-Friday, June 6-10 9-4 pm**

This is a chance to for grandparents and their grandchildren to fun activities together in an outdoor setting. We have fun with fishing, canoeing, art & crafts, archery, swimming and special programs. **Cost is \$120 resident/\$130 non-resident for one grandparent and grandchild.**

Please call Monique at 645-3106 for a registration form or for more information.

Lazelle Woods Intergenerational Center

Anna Marie Brown, Center Manager

Hours: Mon.-Fri.: 8 am-9 pm; Sat.: 9 am-6 pm

8140 Sancus Blvd., 43081

645-5330

Life Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at Lazelle Woods Recreation Center on **4/30/2016**. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.**

Pickle Ball *Mondays* *10 am-Noon and*
 Wednesdays *1-3 pm*
 Fridays *8:30-10 am*
\$5 for 2 months play

Monday

Lunch Indoor Cycling	1-1:45pm	\$10 Mtls.
Zumba w/ Lisa	6:45-7:45pm	\$28
Tae Kwon Do Beginners	7-7:30pm	\$35

Tuesday

FitFuzion w/ Lisa	9:30-10:30am	\$28
Aiki Ju Jitsu	6:30-8:30pm	\$35
Tai Chi	7-8pm	\$40

Wednesday

Lunch Indoor Cycling	1-1:45pm	\$10 Mtls.
Yoga	6:30-7:30pm	\$30

Thursday

Fit Fuzion	9:30-10:30am	\$28
Fundamentals of Watercolor	6-9pm	\$85

Friday

Zumba	9:30-10:15am	\$27
Pottery / Ceramics	Noon-2pm	\$35
Lunch Indoor Cycling	1-1:45pm	\$10 Mtls.

Saturday

Zumba	8:30-9:30am	\$24
-------	-------------	------

Check with center or website for complete listing of classes.

COAAA Central Ohio Area Agency on Aging
174 E. Long St., 43215 645-7250

April is National Earth Month, in honor of Earth Day, which is April 22nd. Earth Day began in 1970, in an effort to peacefully create environmental reform. Sadly, we have a long way to go in our efforts to preserve and repair the damage to the Earth caused by humans, but every little bit helps. This year Columbus is celebrating Earth Day by creating a campaign called Branch Out! The goal of Branch Out! is to plant 20,000 trees around Central Ohio. You can help participate in some of the earth day activity by going to earthdaycolumbus.org and learning more about the events scheduled for this year.

If volunteering or planting trees is not up your alley, consider your recycling behavior. While the city of Columbus has free curbside recycling now, many items are still not accepted through that program. With a little detective work online, you can find providers who take your yogurt containers, plastic bags, egg cartons, and plastic clamshell packaging, none of which is currently accepted through Columbus' curbside program.

Remember the motto, **Reduce, ReUse, Recycle**? Pay attention to the order of those words, and try to take them to heart. **Recycling** doesn't only apply to food containers or newspapers. Remember to always recycle batteries and electronic equipment, such as computers and old cell phones. And while recycling is great, **ReUse** your items first if you can, like glass jars, which make great food storage containers, and are free once you're done with that spaghetti sauce or peanut butter. And remember more than anything, to **Reduce** what you're consuming. Need something, like clothes, houseware, dishes, cookware, children's items, or sports equipment? Try to find used items for sale, and keep unnecessary packaging out of the landfill as well as reducing the overall production cycle? Check out places like thrift stores, consignment shops, online selling pages like Craigslist, or for home improvement projects, ReStores, which sell all kinds of things you might need for a renovation, with all proceeds going to Habitat for Humanity. Consider minimizing what you have in your home as well and donating anything you no longer use to any of your area thrift stores or charities.

April is Minority Health Month

To learn more about National Minority Health Month and what the U.S. Department of Health and Human Services is doing to reduce health disparities and achieve health equity, see www.minorityhealth.hhs.gov.

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm
LifeCare Alliance...Nourishing the Human Spirit

Last Month AARP Tax Program

Mondays & Wednesdays 9 am-3 pm
Please call to schedule an appointment.

Volunteer Recognition Social

(January '15 - December '15)

Friday, April 1 11:30 am -1 pm

Volunteer: Free Guest: \$7

Join us as we celebrate you: Our Marion Franklin Volunteers. Friday will be a special day for our special volunteers. If you are a registered volunteer and your hours have been charted for the year, you are invited to attend. Must register at the front desk.

“Make and Take” Smoothie Class

Thursday April 7 11:30 am Cost \$3

Smoothie Time! Come learn how to prepare delicious smoothies with healthy, fresh ingredients. Dietitian Elizabeth Pinta, MPH, RDN, LD, Instructor. Must register at the front desk.

Free Reflexology Procedures at Marion Franklin

Mondays April 11, May 9 and June 13

Must register at the front desk. Only the first 10 people to register each month will be able to participate.

Book Club discussion @ Northstar Cafe

Wednesday, April 13 1 pm

Dates and times are subject to change; please call the center if you plan to attend.

Book: Rogue Lawyer **Author:** John Grisham

Fundraiser

Men In Black “Spring” Cook Out

Friday, April 29

11:30 am-3 pm

Grilled Rib Dinner \$10/ Grilled Chicken Dinner \$8

Tickets can be purchased at the center. All dinners must be picked up by 3pm on Friday.



Health and Wellness Fair

Friday, April 29 9 am-Noon Free

The Health and Wellness Fair 2016 is presented by the **Marion Franklin Black Studies Group** and LifeCare Alliance. Join us as we celebrate Minority Health Month with interactive presentations and demonstrations. Exhibitors include Urban Gardening, Tai Chi, Reflexology, Massage Therapy, Diabetes Screening and more. All are welcome. For more information, call the center.

Marion Franklin Dance Recital & Open House

Friday, May 13 6-8 pm

Cost \$7 (for dinner)

Join us as we celebrate our annual showcase: “**The Many Colors of Spring.**” Come prepared to enjoy a delightful evening of entertainment and excitement. All our classes have worked hard this season and are prepared to give you a wonderful show. Tickets are available at the front desk. *For more information, contact Butch or Crystal.*

BINGO Every 1st and 3rd Tuesday 1-3 pm
Pokeno Every Wednesday 1-3 pm

Tennis is back!

Mondays, Wednesdays & Fridays 8:30 am
Weather permitting. Meet at courts.

Nurse Barbara Parker, LifeCare Alliance Wellness Center; office 645-7173/voicemail 437-2927. Schedule an appointment to have your blood sugar checked and for information on how to manage your Diabetes.

April is Alcohol Awareness Month

Drinking too much alcohol increases one’s risk of injury, violence, liver disease and some types of cancer. Alcohol can affect medications: Prescription and over the counter that you take. Make an appointment with Barbara Parker, RN today to discuss and review your medication.

Eat Better, Feel Better provided by LifeCare Alliance
Every third THURSDAY of the month

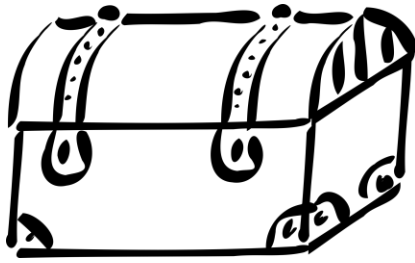
11 am-Noon Free/ no registration required

Arthritis Foundation Exercise Program

Every Tuesday & Thursday 10 am

Free Hearing Services

Call Rachel at 261-5452 for more information or to schedule an appointment.

**Antique Appraisal Event****Friday, April 8 10 am-3 pm \$4 per item**

Dig around, find your treasures and bring in your items to find out their true value. We will have experts on hand to help you research the worth of your valuables. You may have hidden treasure in your attic. Just a \$4 fee per item; maximum of four items per person; no firearms. For more information, call us at 614-645-5954.

Tax Time!**Mondays 9 am-4 pm Walk-in only**

Taxes are due by April 15. If you've been procrastinating, there is no time like now to come in and get your taxes done. So don't forget about the AARP free tax assistance program here at Martin Janis. Call us at 645-5954 for details.

Martin Janis Senior Council**Wednesday, April 20 10 am****Coffee Club****Wednesdays 9 am**

Come join the engaging conversation.
New friends always welcome!

"Breakfast for Lunch"**Wednesday, April 6 11:30 am**

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. You'll really enjoy their homemade breakfast quiche!

Lunch served Monday-Friday; 11:30 am-1 pm

April/May Birthday Party and Bingo!**Friday, April 8 Noon**

Do you have a April/ May birthday? Come on in and celebrate with cake and refreshments! Medical Mutual will be providing prizes.

Gregg's Health Corner:

Food Cooking Temperatures- It's always advisable to use a food thermometer to measure the internal temperature of cooked meat, poultry, casseroles and egg dishes. According to the USDA, cook beef roast, steaks, and pork to a minimum internal temperature of 145 degrees. Poultry should reach an internal temperature of 165 degrees. All ground meat should cook to 160 degrees. Cook eggs until the yolk and white are firm, not runny. Casseroles and other dishes containing eggs should cook to 160 degrees, and fish to 145 degrees. Finally, make sure there are no cold spots in food (where bacteria can hide) when cooking or heating in a microwave oven.

**Yoga Classes**

Enjoy Yoga for **free** on Tuesdays and Thursdays from 11:45 am-12:30 pm. Slow, gentle stretching modified to your abilities. The physical postures of yoga are used to alleviate health problems, reduce stress and make the spine supple. It is also used to help increase balance and breathing. Yoga practice is so much fun you might not even realize you're exercising!

Thank You!

We'd like to thank everyone for their participation in the March art exhibit and showcasing their art work in the facility!

Save the Date:**Creative Arts Event****May 11 – 21, 2016**

Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2016 event is: "Birds, Blooms and Beasts!" Now is the time to start thinking about your project; let your creativity take flight and bloom. For more information, contact Mike Phillips at the Janis Center at 645-5954 or Linda Jacobs at Gillie, at 645-3106.

Participants must present payment upon registration for all activities with fees.



Canasta

Mondays 1:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; Noon-3 pm; Free; Community Room

Progressive Bridge

Thursdays; Noon-3 pm; Free; Community Room

Don't know how to play Bridge? Don't feel intimidated. Come to the Progressive Bridge Workshop every 3rd Thursday of the month.

This month's workshop is Thursday, April 21;

11 am-Noon; regular play begins after workshop.

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. It's April so that means alternating salad and baked potato bar for Captain's Table! Bring your appetite and \$5 and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball \$20 for a one year pass

Mondays: 6:15-8 am All Levels
11 am-1 pm Beginner-Intermediate
1:30-3:30 pm Advanced

Tuesdays: 11 am-1 pm Beginner-Intermediate

Wednesdays: 6:15-8 am All Levels

Fridays: 11 am-1 pm Beginner-Intermediate
1:30-3:30 pm Advanced

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. It's set up in the gym and there will be enthusiastic 50+ members there to teach you how to play. ***Contact Rick or Mike with any questions.***

International Folk Dancing

Mondays 7-8:45 pm Free



Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing".

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Monthly Friday Potlucks

Friday, April 15 Noon

Potlucks are on the 3rd Friday of every month. The senior council provides a meat dish.

No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.

Please call the center in advance for your reservation, so we know how much food to prepare.

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including the following.

Full Body Conditioning with Char

Wednesdays & Fridays 9:15-10:15am/ \$50 for all three days, choose 2 days for \$40 or 1 day for \$25

Wii Bowling Tuesdays 10am-Noon/ Free

(Contact Mike for your time to bowl.)

The Body Shop Workout Tues. /Thurs. 4, 5 & 6 pm and Sat 9:15 am/ \$10 for 1 class pass, \$70 for 10 class pass, \$120 for 20 class pass, \$150 for 30 class pass

Poetry & Prose Thursdays 1-3pm/ Free

Woodcarving Meets every 1st & 3rd Tuesday at 6 pm/ Free/ Bring your own supplies.

Wood Chippers Wednesdays 9 am-Noon/ Free/ Bring your own supplies

Open Walking- Gym M, T, Th, & F 8-9:15am/Free
Fearless Falling (Adult Safety Skills) Fridays 10:30-11:30am/ \$30

Chair Yoga Wednesdays 11:15-11:45am/ \$25

Gentle Yoga Wednesdays 10-11am or 7:15-8:15pm/\$40 each

See Center Class Schedule for complete class listing.

Schedules are available in hardcopy at the front counter & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

COLUMBUS RECREATION AND PARKS DEPT
1111 EAST BROAD STREET, SUITE 103
COLUMBUS, OH 43205

STANDARD
US POSTAGE PAID
COLUMBUS OH
PERMIT NO 719

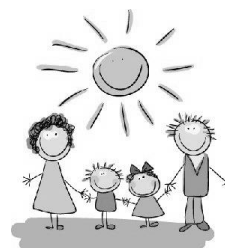


Creative Arts Event

**Bring entries to Martin Janis on
April 27 or 28.
More information on pages 4 & 5.**

We are looking for handmade or new items to be
donated to the 2016 Creative Arts Event Silent
Auction.

For more information,
please contact Holly at 614 645-3176 or
HMWetmore-Kemeter@columbus.gov.



Gram & Gramp Camp June 6-10

For you and your Grand!
See page 7 for more information.